



# The Leaf

*Living Every Adventure Fully*

*St. Clair Street Senior Center • 325 St. Clair Street, Murfreesboro, TN 37130*

## *Happy Mother's Day!*

*The staff at St. Clair  
Wish all Mothers a Happy Mother's Day!*

Most of all the other beautiful things in life  
come by twos and threes,  
by dozens and hundreds.  
Plenty of roses, stars, sunsets, rainbows,  
brothers and sisters, aunts and cousins,  
comrades and friends -  
but only one mother in the whole world.

*-Kate Douglas Wiggin*



## CENTER HAPPENINGS



### FROM THE DIRECTOR'S DESK *by Linda Burt, Center Director*

We are all enjoying the early spring, beautiful flowers, and balmy breezes. April went by fast and there were plenty of entertaining and enjoyable things to do and places to go. And it is even better when you have a friend with you to share the experience. The Program Directors plan most events a year in advance and do a wonderful job in planning that far out. So we have an array of choices for everyone.

I am learning more and more about great places to go in Tennessee. The trips take the seniors to new and exciting places that I hope to see in the near future. When we talk about the trips in the Program Committee and the members talk about the restaurant, or the event it makes me want to sign up right away. I am sure you feel the same. That is why the first working day of the month is so important for you to be the

first to sign up for the event.

It is a great time to get out and enjoy the sunshine at least for a few minutes each day. Plus the added health benefits of soaking up the sunshine. Summer is on the way with new and exciting programs. --*Linda*

### Swing Into Spring Dance • Friday, May 11

AT 7:00 p.m. dance to the music of **Debbi Bailes**

Doors open at 6:30 p.m. All dances are for age 60+.

Admission to all dances is \$5 at the door.

### Summertime Dance • Friday, June 22

AT 7:00 p.m. dance to the music of **Sax & Sounds**

Doors open at 6:30 p.m. All dances are for age 60+.

Admission to all dances is \$5 at the door.

### CHARLESTON, SOUTH CAROLINA



St. Clair Street Senior Center has scheduled a fabulous trip to Charleston, SC for 3 days and 2 nights. You have asked for some short overnight trips and we have scheduled a trip for September 4-6, 2012. Flyers are available in the display behind the reception desk. The trip is two nights at the same hotel, two breakfasts at the hotel, and two dinners are included. Enjoy a three-hour dinner cruise on the Spirit of Carolina, a guided tour of historic Charleston, and free time to shop at the Old City Market. Travel on a comfortable motor coach with friends. The price is \$325 per person—double occupancy. Travel insurance is \$51 per person. The price includes standard taxes, meal gratuities, and baggage handling. Tips are encouraged for the driver and step-on guide. Sign up for this exciting trip begins May 1 at 8 a.m. This trip is through PML Travel and Tours. Checks (one for trip and one for insurance) should be made to PML Travel and Tours. Deposit of \$75 plus insurance is due by May 29, 2012. The balance of the trip is due July 23, 2012. Insurance purchased at sign-up covers pre-existing conditions.

We're ready to start signing up for a great adventure to Williamsburg, VA for a 6 day/5 night trip, October 1-6, 2012. The trip includes:

- 3 nights in Williamsburg
- 5 breakfasts & 2 dinners
- Admission to Colonial Williamsburg
- Admission to Jamestown Settlement
- Admission to Yorktown Victory Center
- Admission to Luray Caverns
- Baggage handling
- Hotel taxes & meal gratuities
- Motorcoach transportation

All included for the price of \$610.00 per person based on double occupancy. Single, triple, and quad rates are available. Flyers are in the display case behind the reception desk (by the ladies restroom). A \$75.00 deposit is due at sign up. The balance will be due August 10. Please make the checks payable to Festive Holidays. Trip cancellation insurance is available. Sign up begins on May 1.



### WILLIAMSBURG, VIRGINIA





## WHAT TO DO?

### ST. CLAIR CHICKS KARAOKE PARTY

My little Chick-a-dees mark your calendar for a fun day! You are having a Karaoke Party on Thursday, May 10 from 12:00 n-2:00 p.m. Bring lunch food to go with Sloppy Joes. And of course bring your singing voice and be ready for a fun afternoon at the **"St. Clair Chicks Karaoke Party!"**

### GENERAL JACKSON REMINDERS

Going on the General Jackson May 15? Be at the Center by 8:30 a.m. When you arrive you will be sent to an assigned room based on the bus you are on. Tickets will be handed out once everyone is in place. Be sure to sit with your friends as that will be your seating on the boat. Have fun!

### POOL PLAYERS POTLUCK

Attention POOL PLAYERS make plans to attend the pool room's potluck on Wednesday, May 30 beginning at 11:30 a.m. Bring your favorite potluck food (enough to feed a bunch of hungry pool sharks) and enjoy a great spring time fellowship gathering.

## SUPPORT GROUPS

**PARKINSON SUPPORT GROUP:** Meets on the third Saturday of the month at 1:30 p.m. This group offers educational programs and guest speakers for those afflicted with Parkinson's disease and welcomes Parkinson patients and family members to join us for education, support and friendship. For more information, contact Dee Brown.

**LABOR OF LOVE CAREGIVER SUPPORT GROUP:** Meets on the last Friday of each month at 12:00 noon offering compassion and advice for caregivers of seniors with dementia, the disabled and chronically ill. Contact Agnes Thomas for more information. Please be sure to tell others who may benefit from this group.



### THE HAPPY CLOWNS OF ST. CLAIR

meet on the 4<sup>th</sup> Friday  
of the month at 1:00 p.m.

(unless otherwise noted in the calendar).

**Join the class on May 25 & try  
your hand at being a clown.**



### LUNCH AND LEARN SCHEDULED FOR MAY 17

11:30 a.m.-1:00 p.m.

The speaker will be Cliff Sharp of the Green House Ministries here in Murfreesboro. The topic for the Lunch and Learn will be "Aging Well." Cliff Sharp grew up in northern Arkansas graduating from Mountain Home High School in 1957. He attended Harding University graduating in 1961 with a degree in Education in math, physical education, and general science. In 1967 he received a MS Ed from Antioch College, Yellow Spring, Ohio. Cliff and Jane Sharp met at Harding and married in 1961. They have three daughters, six grandchildren, and four great grandchildren. Cliff taught and coached at Beebe High School in Beebe, Arkansas 1961-1963, at Lake County Schools in Ridgely, TN 1963-64, Harding Academy in Searcy, Arkansas 64-68. In fall of 1968 He started coaching football and track and teaching Earth Science and Geography at Harding University until 1988. Cliff and Jane moved to Murfreesboro in 1988 and began working at the Crisis Pregnancy Support Center. After nearly 9 years he served as associate Pastor for Belmont Church and they then started Greenhouse Ministries in 1999. Cliff and Jane have served on several boards, counsels, and task forces in the community and attend Christian Life Church.

**Reservations are required!** Lunch sponsored "Creekside at Three Rivers." Sign up will be May 1-8. For more information, contact Agnes Thomas at 848-2550 from 9:30 a.m. and 1:30 p.m.

### HAPPY CLOWNS OF ST. CLAIR INVITE YOU!

SINCE ALL THE WORLD "LOVES A CLOWN," WHY NOT BE ONE?

The St. Clair Happy Clown Alley would like to invite anyone interested in being a clown to join them at their monthly "clown class." Meet the clowns and learn how to become one. The classes will teach a "clown wannabe" about makeup, skits, comedy and much, much more!





By Dee Brown, Care Director

### PARKINSON'S DISEASE: EDUCATION AND SUPPORT

If you or someone you love has been diagnosed with Parkinson's disease, it is easy to feel overwhelmed. After all, it is a chronic, progressive neurological disorder with no definitive cause and presently no cure. But there are things that can be done to improve quality of life.

Self-help strategies can't cure the disease, but can slow progression, and/or reduce the severity of symptoms, and make some daily challenges easier. Four parts of self-help include: attitude, knowledge, partnership with physician, and action.

Studies have repeatedly demonstrated that **attitude** can significantly affect health. It is not known if a positive attitude actually lessens the symptom or slows the progression of the disease, but it is known that it can improve the quality of life so you can feel as good as possible, for as long as

possible.

**Knowledge** about the disease and what to expect can reduce fear and give an individual a sense of power. Knowledge is power, the more you know, the more in control you will feel.

Self-help does not mean doing everything alone. It is imperative to **partnership** with a physician (usually a neurologist). It is the patient's responsibility to share information with the physician, ask questions, take medications as directed, and keep track of side effects and any other problems. A good partnership will include a doctor that listens, educates, and supports the patient.

**Taking action** means doing the things that will help slow the disability, these include exercise, a healthy diet, taking medications as prescribed, and getting enough rest.

We strive to address some of these self-help strategies in our monthly Parkinson's support group meeting

that meets here at the center. Our group is a social group, an exercise group, and an educational group all rolled in to one. Each meeting we begin with easy, but very important exercises. This component is important because it is fun, educates on some of the exercises that can be done at home, and serves a reminder about the importance of exercise for an individual with Parkinson's disease. Typically we have a speaker at each meeting to educate on many different aspects of Parkinson's disease. Last but not least, we get to know one another, share with one another and have fun! If you or someone you know has Parkinson's disease, I hope you will give our group a try. We meet on the third Saturday of each month at 1:30 p.m. You do not need to make a reservation. We encourage family members and loved ones to attend. For information call Dee Brown at 848-2550.

### GROW HEALTHY RUTHERFORD

Grow Healthy Rutherford is a new partnership between Rutherford County Farmers' Market and MTSU school of Agribusiness and Agriscience. This partnership is possible because of a grant from the USDA's Farmers' Market Promotion Program. The goal of Grow Healthy Rutherford is to assist our community in having access to fresh produce and to encourage healthy eating. There will be a broad promotional campaign, both to encourage local farmers to market their produce and to encourage the community to buy produce locally. To make shopping easier and to more of our community, this year the Rutherford County Farmers' Market will accept EBT cards, formally known as food stamps. Credit and debit cards will also be accepted. These new



forms of payment will give a greater population of our community the option to shop for locally grown produce. Additionally, plans are being made to offer low cost transportation to the market from specified areas of Murfreesboro. At this time, the transportation plans are not completely worked out, but as more information is available, it will be passed along to you. The Farmers' Market is located at 315 John Rice Blvd. and hours of operation this summer will begin May 11, every Tuesday and Friday morning from 7 a.m. to noon.

**MIDDLE  
TENNESSEE**  
STATE UNIVERSITY



## ADULT DAY SERVICE

ADS staff and participants are thoroughly enjoying the beautiful outside area during this warm weather. A big thank you to our home school group that came and helped us with crafts and played bingo in April.

Our participant spotlight this month is Agnes Woodward. Agnes was born on August 5, 1925 in New York. She married Woody Woodward and they had six children, 5 girls and one boy. Mr. & Mrs. Woodward owned a laundry business. Also she was a farmer and raised her kids on goat's milk. She then moved to Tennessee. Agnes attends Outreach Church and enjoys her hobbies such as reading, puzzles, and spending time with her family. We enjoy seeing Agnes each and every day she visits us in the ADS program. She always brings a smile.



## YOUR NURSE ON DUTY

By Lynne M. Graves RN

Greetings, St. Clair Senior Center, my name is Lynne M. Graves and I am excited about coming aboard as your Nurse on Duty. I was born and raised in Chicago, Illinois. I moved to Tennessee in 2008 because one of my sons moved here and started a family. They named their daughter Keona Lynne after me. I just had to come see about her. I am the mother of five children and five grandchildren. I moved to Murfreesboro in 2010 looking for new nursing opportunities. I graduated from Illinois State University with a BS in Psychology and I obtained a BS in Nursing from Valparaiso University in 1994. I also possess a Masters Degree in Divinity.

When I first graduated from College I became a Social Worker. I had a career that varied from working with an afterschool program for elementary school children to supervising adolescents in a psychiatric facility and lastly working with newly released individuals from prison. I have spent over seven years working as a nurse in psychiatric hospitals with adults in programs for mental illness, alcohol and drug addictions. I also worked with the geriatric population in the areas of Alzheimer and dementia coordinating memory care programs. As a nurse, I have recently worked in hospice, public health and as an adjunct instructor for medical assistants. I have worked in the capacity as a Continuous Quality Improvement Manager, Nurse Consultant and a Nurse Manager. Also, I have had the privilege to be a home health supervisor for veterans. The nursing field has given me the opportunity to explore many areas in the nursing field that have truly allowed me to have many rewarding experiences with the populations I have served.

My accomplishments include being certified in CPR/First Aid since 1991 and AED since 2008. I am

also a CPR trainer and hope to be working with Mary States to conduct classes for the City of Murfreesboro in the near future. I was certified in Continuous Quality improvement in 1999. I have completed Domestic violence training and I am certified to be a hospital advocate for sexual assault victims since 2006. I have completed the hospital accompaniment program for sexual assault victims and volunteer here in Murfreesboro with the Domestic Violence program since 2011. I hope to bring my over 20 years of experience in Nursing and Social work to meet the needs of the participants here at the St. Clair Senior Center. I will continue with the monthly foot care trips and introduce two health education series. My door is always open, please feel free stop by to see me, if you have any health questions, concerns or just want to talk. I look forward to meeting and getting to know you all.

### ASK THE DOCTOR

This new program will be a health educational series held once a month to discuss various concerns that you may have. Our first speaker will be Dr. Walter C. Chitwood Jr., DDS on May 23 from 12:00 n-1:00 p.m. He is a dentist located in the Murfreesboro area, who will educate us on how the care of our teeth and gums affect our health. The dentist will also be exploring implants, crowns and general dentistry. Refreshments and healthy snacks will be served. Registration is required.

### COFFEE, TEA AND LYNNE

In May, we will embark on an educational series entitled "Coffee Tea and Lynne." As we take a break in our daily routines to learn about such topics as glaucoma, low vitamin K diets, menu planning related to medications you may be taking and so much more in 2012. We look forward to your input. If there is a subject that you want us to discuss, stop by the office and let me know. Registration is required.

NOD presents Dr. Asim Razzaq on Thursday, May 31 at 9:00 a.m. Our topic is "Rheumatoid Arthritis." Dr. Razzaq moved to Murfreesboro in 2006 with his family and his area of specialty is Rheumatology. Dr. Razzaq will educate us on early symptoms and treatment of rheumatoid arthritis. Also, he will discuss diet, home remedies and other ways to relieve pain. Please feel free to come with any questions you may have for the doctor. Registration is required. Healthy snacks and refreshments will be served.





## CAREGIVER'S

By Agnes Thomas,

*Caregiver Information Coordinator*

I attended a Self Care for Caregivers Conference in March at the Belle Aire Baptist Church here in Murfreesboro. It was wonderful to meet the other agency professionals, but meeting the caregivers who attended was the best part of the conference. Their stories reminded me of how much inner strength one has to have to be a caregiver. Since this was a caregiver conference, I wanted to share with you some of the interesting topics about caregiver stress. There were three speakers of the evening: Dr. David Johnson, M.D., Leslie Baker, an RN, and Ruth R. Williams, LCSW (Licensed Clinical Social Worker).

Dr. David Johnson, M.D. spoke on how caregiver stress affects the body. He stated that of the many patients that come to see him, have illnesses that have a link to stress. He said that cortisol is an important hormone in the body that helps with healthy functions of blood sugar, blood pressure, healthy immune system, and inflammation. Increased stress causes cortisol to be higher. Cortisol levels are usually higher in the morning because you need more energy in the day and lower at night in order for the body to relax. Cortisol is also high during times of stress which is good for increasing memory function, gives a burst of energy, increased immunity, low sensitivity to pain and helps maintain balance in the body.

However, the body has to be able to relax. Caregivers who are under constant stress produce higher and prolonged levels of cortisol in the bloodstream which can have negative effects such as:

- Limiting thyroid function
- High blood pressure
- Diabetes and slow wound healing

- Memory impairment
- Increased stomach fat (which could lead to heart attack or strokes)
- Low immunity (the body is unable to resist a certain disease)
- Lowers good cholesterol (HDL) and raises bad cholesterol (LDL)

Dr. Johnson's presentation about caregiver stress and its relation to illness is just one reason caregivers need to have regular checkups with their doctor. All caregivers have to have a time of relaxation in order to bring the body to a balanced and calm state.

Leslie Baker, RN, is Clinical Director of Alive Hospice in Murfreesboro. She spoke on the topic "Why Self Care for the Caregiver is Important". Nurse Baker stated that 63% of people who are Baby Boomer age are at a greater risk of dying than the person they are caring for. Why? Due to caregiver fatigue, sleep deprivation, poor eating habits, failure to exercise, and stress. One of the things she suggest to all caregivers is to ask for help. If people want to help then write down the things you need help with. When people offer to help, tell them what you have on your list, and allow them to pick what they would like to assist you with. Someone who is uncomfortable with sitting with your loved one, may be more comfortable mowing the lawn, picking up medication, or going to the grocery store. Nurse Baker also discussed poor eating habits of caregivers. She said most caregivers fix a good meal for the one they give care to, but will not do the same for themselves. Many caregivers eat fast foods, or other unhealthy quick meals because they are just too tired to fix a proper meal for themselves. She suggested to eat at least one healthy nutritious meal per day. These are two of the suggestions she gave to caregivers to reduce caregiver stress and live healthier lifestyles.

The last speaker was Ruth R. Williams, a Licensed Clinical Social Worker and an Alive Hospice grief counselor. Mrs. Williams discussed the emotional aspects of caregivers. She shared with the caregivers that it was alright to cry, and be frustrated. An important statement that stood out for me was "there are no dress rehearsals to be a caregiver". You do not get to practice being a caregiver before you become one. Caregiving is an unexpected development. She also stated that it's alright if you do not get everything done. Pat yourself on the back for successfully giving a bath to your loved one. Maybe tomorrow you can give them a haircut. Mrs. Williams also read a number of poems, including one she wrote for her mom before she passed away from Alzheimer's disease. Many

caregivers cried as she read the poems. As I sat watching the emotional response of the caregivers, I saw those who came in looking so frustrated and overwhelmed leave with smiles on their faces and a little more strength to go on. It was a wonderful conference and very beneficial not only to the caregivers but also for the care professionals. I know it will help me to better serve the caregivers who come to my office by giving me more insight, dedication, and purpose!

### STRESS CAUSES SHRINKAGE IN THE BRAIN

According to a Yale University study, "severe stress could be shrinking the gray matter in critical areas of your brain, leading to all kinds of emotional and physical problems even in healthy individuals, according to researchers at Yale University" (NewsMaxHealth, 2012).

What does grey matter in the brain do? Grey matter helps with sensory perceptions. Sensory perceptions are seeing, hearing, emotions, memory, and speech. Grey matter also helps with muscle control.

The Yale study gave 103 participants MRI's. Those who recently experienced life changing or stressful events showed reduced gray matter in the prefrontal cortex. The prefrontal cortex is the part of the brain that regulates emotions and self control, blood pressure and glucose levels. If there is an accumulation of stressful events in an individual's life, who already has this reduction in brain grey matter, this will make it harder for them to cope with any future stress. Constant stress can lead to serious mental health problems or chronic diseases such as diabetes and hypertension.

NewsMaxHealth.com (2012). *Stress Causes Shrinkage in the Brain*. Retrieved from NewsMaxHealth.com

It is so important that those who are caregivers take care of themselves. Use the resources available to you. The Adult Day Services program here at St. Clair Street Senior Center is a wonderful way to have some caregiver respite time. While your loved one is in the program you can catch up on sleep, eat a nutritious meal, go to a doctor's appointment, take a walk, bike ride, or go out with friends. Someone who recently visited the Senior Center told me: "I was able to have a day out with my daughter while my loved one was at the Adult Day Service. Also stop by the Caregiver Resource Office and see me. If you need to talk, I'm here...if you need information, I'm here. Caregivers give so much of themselves to others. Allow me to help you take care of you!"



## REGULAR EVENTS

### BINGO AT ST. CLAIR

Bingo (*for fun*) is played on Tuesdays & Thursdays at 10:30 a.m.

No registration required.

Check out the monthly calendar for bingo callers & schedule changes!

### POOL AT THE CENTER

(*not swimming, billiards!*)

The pool room is open whenever the Center is open for free play. Pool Tournaments are held monthly for women, men and coed & require sign up prior to participating. Sign up sheets are in the pool room on the information board. Special tournaments are held at various times throughout the year. Check the monthly calendar for those.

### SATURDAYS AT ST. CLAIR

Open from 12:30-3:30 p.m. (most Saturdays).

While there are usually no structured activities the facility is available for:

***Pickup card games, library, fitness room, walking trail & pool.***

Occasionally special events & activities are planned on Saturdays.

Check the monthly calendar & the class/event & trip section for those activities.

### CANASTA & CHICKEN FOOT

Games are played daily whenever players get together. Most days its just a group of people getting together and playing. Some groups have been playing together for a long time. If you are interested in playing, just stop by and introduce yourself and inquire about joining the fun!

### STAINED GLASS WITH FIONA

Meets on Thursdays at 9:00 a.m. and is instructed by Fiona Dowd. Class fee is \$30 for the month and covers instruction and supplies. Stained Glass is an ongoing class. Newcomers welcome. Fee must be paid at the beginning of each month.

### SENIORS ACTING UP!

Will be on break through the month of May. The theatre troupe picks and plans the shows, followed by rehearses and building of sets. The shows are usually on a Friday night and Saturday morning. If you are interested in joining please speak to Linda Burt, Center Director.

### CERAMICS WITH JO ANN

Meets on Wednesdays at 1:00 p.m. The Ceramics class is taught by Jo Ann Shreve. Pieces vary in price and are paid for the day you begin them. All supplies are furnished.

### SPANISH I & I I

Meets Wednesdays at 1:00 (II) & 2:15 (I) p.m. Classes taught by Cynthia Borzick. The classes are ongoing and the fee is \$15 per each month you take the class. Currently the classes are closed to newcomers, but be sure to check for a new beginning class to start.

### ST. CLAIR SINGING SENIORS

Will be on a break through the month of May. When not on break, the ensemble of vocally talented individuals rehearse and perform in the community and at the Center throughout the year. If you are interested in joining please speak to Linda Burt, Center Director.

### "LOOMY" BIRDS & JEWELRY MAKING with Marlane & MPRD

Meets Wednesdays at 1:30 p.m. Do you enjoy crafting? Check out this fun group of like-minded individuals. Bring the project you are working on, share ideas, creativity and socialize. Bring your own supplies. Sponsored by MPRD.

### AFTERNOONS IN THE LOWER DINING ROOM

#### CORN HOLE on Mondays at 1:00 p.m.

What is cornhole? How do I play?

See Lisa Foster for the details.

#### "OPEN PLAY" on Tuesdays at 1:00 p.m.

We all need a little "play" in our lives. It keeps us young in body, mind and spirit. The lower dining room is yours for the afternoon to play anything you want. Check out the Wii system, practice your cornhole tossing, or why not challenge your friends to a game of Ping Pong? Whatever you choose make it FUN!

#### "CLUB KARAOKE" on Wednesdays at 2:00 p.m.

Join in for singing fun or just come to watch!

Bring your friends.

#### THE JAM SESSION on Thursdays at 1:00 p.m.

Do you play a musical instrument or enjoy just listening? Then make plans to join this group of talented musicians who get together and "jam." Stop by to listen or to play.

#### WII BOWLING LEAGUE on Fridays at 1:00 p.m.

See article on page 15 for more information about the Wii Bowling League.

Here are some commonly used acronyms:

**MPRD** = Murfreesboro Parks & Recreation Dept.

**SCSSC** = St. Clair Street Senior Center

**MCHRA** = MidCumberland Human Resource Agency

**ADS** = Adult Day Service

**NOD** = Nurse on Duty

**CCP** = Cumberland Co. Playhouse





# MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<b>Co-Ed Pool Tournament 3/12/12</b> 1 <sup>st</sup> Bettye Haynes/Larry Thrasher 2 <sup>nd</sup> Edna LeDoux/Arthur Upchurch 3 <sup>rd</sup> Aki Dean/Glyndon Merritt  Anyone want to learn Chinese? If so, sign the interest list at the front desk. We are trying to get a class together and want to know how many people would be interested. Look for more details in upcoming editions of the Leaf.	<b>1 DEADLINE 5/10 IRIS CITY GARDEN TRIP</b> 8:00 a.m. Sign in for Class/Trip Sign Up 8:30 a.m. Your Portrait Made Easy Class 9:00 a.m. Pinochle 10:00 a.m. Quilting 10:30 a.m. Bingo with Ethel 12:30 p.m. <b>Community Care Visitation</b> 1:00 p.m. St. Clair Classics Meeting 1:00 p.m. Knit & Crochet Group & Cooper Crochet 2:00 p.m. Intermediate Line Dance with Homer 3:15 p.m. Ballroom Dance Class	<b>2</b> 9:00 a.m. Easy Bridge 12:00 n Art Club 1:00 p.m. Ceramics with Jo Ann 1:00 p.m. Spades 1:00 p.m. Spanish II 1:30 p.m. Loomy Birds & Jewelry Making 2:00 p.m. Club Karaoke 2:15 p.m. Spanish I
<b>7 DEADLINE 5/9 BOB ROSS</b>  9:30 a.m. Roberson Bridge Group  10:00 a.m. Murfreesboro Duplicate Bridge  12:15 p.m. Sign Language  1:00 p.m. Corn Hole Mondays	<b>8 Tunica departs at 8:00 a.m. City Hall Garage Final payment is due for Mt. Rushmore Trip.</b> <b>DEADLINE 5/11 ZOO TRIP</b> <b>DEADLINE 5/17 LUNCH &amp; LEARN</b> 8:30 a.m. Your Portrait Made Easy Class 9:00 a.m. Pinochle 10:00 a.m. Quilting 10:30 a.m. Bingo with Ann 12:30 p.m. <b>Community Care Visitation</b> 1:00 p.m. Seasoned Citizens 1:00 p.m. Knit & Crochet Group & Cooper Crochet 3:15 p.m. Ballroom Dance Class	<b>9</b> 9:00 a.m. Bob Ross "Mighty Mountain" 9:00 a.m. Easy Bridge 10:00 a.m. Program Committee Meeting 12:00 n Art Club 1:00 p.m. Ceramics with Jo Ann 1:00 p.m. Spades 1:00 p.m. Spanish II 1:30 p.m. Loomy Birds & Jewelry Making 2:00 p.m. Club Karaoke 2:15 p.m. Spanish I
<b>14</b> 9:00 a.m. St. Rose Bridge Group 9:00 a.m. Coed Pool Tournament 9:30 a.m. Roberson Bridge Group 10:00 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. FCE Better Living Club 12:15 p.m. Sign Language 1:00 p.m. Corn Hole Mondays 1:00 p.m. Senior Crafting "Decorative Pins"	<b>15 DEADLINE 5/22 COOKING WITH CAROL</b> 8:30 a.m. Your Portrait Made Easy Class 9:00 a.m. Pinochle 9:00 a.m. Men's Pool Tournament 9:30 a.m. <b>SENIOR DAY ON THE GENERAL JACKSON</b> 10:00 a.m. Quilting 10:30 a.m. Bingo with Creekside Assisted Living 12:30 p.m. <b>Community Care Visitation</b> 12:30 p.m. AARP Board Meeting 1:00 p.m. Knit & Crochet Group & Cooper Crochet 2:00 p.m. AARP Chapter Meeting 2:00 p.m. Intermediate Line Dance with Homer 3:15 p.m. Ballroom Dance Class 7:00 p.m. American Legion Post 141	<b>16 DEADLINE 5/18 MIXED MEDIA TULIP CLASS</b> <b>DEADLINE 5/22 PIANO FOR PLEASURE</b> 8:30 a.m. <b>MOVING DAY!</b> 9:00 a.m. Easy Bridge 12:00 n Art Club 1:00 p.m. Ceramics with Jo Ann 1:00 p.m. Spades 1:00 p.m. Spanish II 1:30 p.m. Loomy Birds & Jewelry Making 2:00 p.m. Club Karaoke 2:15 p.m. Spanish I
<b>21 DEADLINE 5/23 BOB ROSS</b> <b>DEADLINE 5/23 MYSTERY LUNCH TRIP</b> 8:30 a.m. Center Commission Meeting 9:00 a.m. Ladies' Pool Tournament 9:30 a.m. Roberson Bridge Group 10:00 a.m. Murfreesboro Duplicate Bridge 12:15 p.m. Sign Language 1:00 p.m. Corn Hole Mondays	<b>22 DEADLINE 5/30 BLUE HERON CRUISE TRIP</b> 8:30 a.m. Your Portrait Made Easy Class 9:00 a.m. Pinochle 10:00 a.m. Piano for Pleasure Class 10:00 a.m. Quilting 10:30 a.m. Bingo with Sue 12:30 p.m. <b>Community Care Visitation</b> 1:00 p.m. Seasoned Citizens 1:00 p.m. Cooking with Carol 1:00 p.m. Knit & Crochet Group & Cooper Crochet 3:15 p.m. Ballroom Dance Class	<b>23</b> 9:00 a.m. Bob Ross "High Tide" 9:00 a.m. Easy Bridge 10:15 a.m. <b>MYSTERY LUNCH TRIP</b> 10:30 a.m. <b>Georgia Institute Foot Care</b> 12:00 n Art Club 12:00 n <b>ASK THE DOCTOR: DR. CHITWOOD</b> 1:00 p.m. Ceramics with Jo Ann 1:00 p.m. Spades 1:00 p.m. Spanish II 1:30 p.m. Loomy Birds & Jewelry Making 2:00 p.m. Club Karaoke 2:15 p.m. Spanish I
<b>28</b>  <b>Center Closed</b>  <b>Happy Memorial Day</b>	<b>29</b> 8:30 a.m. Your Portrait Made Easy Class 9:00 a.m. Pinochle 10:00 a.m. Piano for Pleasure Class 10:30 a.m. Bingo with Ethel 10:00 a.m. Quilting 1:00 p.m. Knit & Crochet Group & Cooper Crochet 2:00 p.m. Intermediate Line Dance with Homer 3:15 p.m. Ballroom Dance Class <b>CANCELLED</b>	<b>30</b> 9:00 a.m. Easy Bridge 9:30 a.m. <b>BLUE HERON NATURE CRUISE</b> 11:30 a.m. <b>POOL PLAYERS POTLUCK</b> 12:00 n Art Club 1:00 p.m. Ceramics with Jo Ann 1:00 p.m. Spades 1:00 p.m. Spanish II 1:30 p.m. Loomy Birds & Jewelry Making 2:00 p.m. Club Karaoke 2:15 p.m. Spanish I



**OF EVENTS**

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>3</b> 9:00 a.m. Stained Glass with Fiona 9:45 a.m. <b>"ALL SHOOK UP" CUMBERLAND CO. PH</b> 10:00 a.m. Quilting & Knit & Crochet Group 10:30 a.m. Bingo with Sue 12:30 p.m. Party Bridge & London Bridge 1:00 p.m. Music Jam Session 2:00 p.m. Ballroom Dance Practice 7:30 p.m. MidState Singles	<b>4</b> <b>DEADLINE 5/16 MOVING DAY</b>  <b>DEADLINE 6/5 WILLIE NELSON TRIP</b>  9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Wii Bowling League 2:00 p.m. Line Dance Practice	<b>5</b> <b>Happy Cinco de Mayo!</b>  12:30 p.m. Center Open  7:30 p.m. Tennessee Walkers Square Dance <b>6</b>  <b>Today is Nurses' Day</b>  <b>We thank you for all your do!</b>
<b>10</b> 8:30 a.m. <b>IRIS CITY GARDENS TRIP</b> 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting & Knit & Crochet Group 10:30 a.m. Bingo with Ethel 12:00 p.m. <b>ST. CLAIR CHICKS KARAOKE PARTY</b> 12:30 p.m. Party Bridge & London Bridge 1:00 p.m. Music Jam Session 2:00 p.m. Ballroom Dance Practice 7:30 p.m. MidState Singles	<b>11</b> <b>DEADLINE 5/31 CHEEKWOOD TRIP</b> <b>DEADLINE 6/4 TN AQUARIUM TRIP</b> 8:30 a.m. <b>SENIOR DAY AT THE NASHVILLE ZOO</b> 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Wii Bowling League 2:00 p.m. Line Dance Practice 7:00 p.m. <b>SWING INTO SPRING DANCE</b> <b>with music by DEBBI BAILES</b> Doors Open at 6:30 p.m. • \$5 at the door	<b>12</b> 12:30 p.m. Center Open  7:30 p.m. Tennessee Walkers Square Dance <b>13</b> <i>Happy Mother's Day!</i> <b>Today is National Apple Pie Day.</b> <b>Hmm . . . with ice cream or without?</b>
<b>17</b> <b>DEADLINE 5/19 AUBURNTOWN TRIP</b> 9:00 a.m. Stained Glass with Fiona 9:45 a.m. <b>CHAFFIN'S BARN "HERE LIES JEREMY TROY"</b> 10:00 a.m. Quilting & Knit & Crochet Group 10:30 a.m. Bingo with Broadmore Assited Living 11:30 a.m. Lunch & Learn "Aging Well" 12:30 p.m. Party Bridge & London Bridge 1:00 p.m. Music Jam Session 2:00 p.m. Ballroom Dance Practice 7:30 p.m. MidState Singles	<b>18</b> <b>DEADLINE 5/19 WATERCOLOR &amp; GENEALOGY CLASSES</b> <b>DEADLINE 7/12 MUSIC MAN TRIP</b> 9:00 a.m. Pinochle 9:00 a.m. Mixed Media Tulip Art Class 10:00 a.m. Murfreesboro Duplicate Bridge 11:00 a.m. RCCOA Board Meeting 12:00 n RCCOA Meeting 1:00 p.m. Wii Bowling League 2:00 p.m. Line Dance Practice	<b>19</b> 12:00 n <b>AUBURNTOWN FISH FRY TRIP</b> 12:30 p.m. Center Open 12:30 p.m. Watercolor Class 1:00 p.m. Genealogy Class 1:00 p.m. Knit & Crochet Group 1:30 p.m. Parkinson Support Group 7:30 p.m. Tennessee Walkers Square Dance <b>20</b> <b>On this day in 1873, Levi Jeans with Riveted Pockets were patented.</b>
<b>24</b> <b>DEADLINE 7/26 ODD COUPLE TRIP</b> 9:00 a.m. Stained Glass with Fiona 9:00 a.m. Morning Chat with an Officer "Gangs" 10:00 a.m. Quilting & Knit & Crochet Group 10:30 a.m. Bingo with Ann 12:30 p.m. Party Bridge & London Bridge 1:00 p.m. Music Jam Session 2:00 p.m. Ballroom Dance Practice 7:30 p.m. MidState Singles	<b>25</b> 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 12:00 n Labor of Love Caregiver Support Group 1:00 p.m. Wii Bowling League 1:00 p.m. Clown Class 2:00 p.m. Line Dance Practice	<b>26</b> 12:30 p.m. Center Open  7:30 p.m. Tennessee Walkers Square Dance <b>27</b>  <b>Today is National Grape Popsicle Day!</b>
<b>31</b> 9:00 a.m. Coffee, Tea & Lynne 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting & Knit & Crochet Group 10:30 a.m. Bingo with Sue 12:30 p.m. Party Bridge & London Bridge 1:00 p.m. Music Jam Session 2:00 p.m. Ballroom Dance Practice 7:30 p.m. MidState Singles	<b>LADIES' POOL TOURNAMENT 3/19/12</b> 1 <sup>st</sup> Aki Dean 2 <sup>nd</sup> Edna LeDoux 3 <sup>rd</sup> Lottie Vest	<b>MEN'S POOL TOURNAMENT 3/20/12</b> 1 <sup>st</sup> Larry Thrasher 2 <sup>nd</sup> Tom Michals 3 <sup>rd</sup> Ed Pater



Fitness Classes Just for You!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:15 a.m. Exercise with Elsie 9:15 a.m. Yoga with Dot 9:15 a.m. Zumba Gold 9:30 a.m. Blood Pressure Clinic <b>VOLUNTEERS FOR MAY ARE:</b> 5/7 Lynch, 5/14 Wilson, 5/21 Cum-berbatch, & 5/28 Center Closed	8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Dancercise 10:25 a.m. Core Strength 10:40 a.m. Senior Strength	8:15 a.m. Exercise with Elsie 9:15 a.m. Yoga with Dot 9:15 a.m. Zumba Gold	8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Dancercise 10:25 a.m. Core Strength 10:40 a.m. Senior Strength	8:15 a.m. Exercise with Elsie 9:15 a.m. Yoga with Dot <i>Please see below for a description of the classes and any fees involved.</i>

**SENIOR FITNESS with ELSIE**

Senior Fitness with Elsie emphasizes gentle aerobic work and hand weights. Join Elsie for a great way to stay in shape!

**YOGA WITH DOT**

The fee is \$10 per month payable when you join the class or within the first week of the month if you are a regular. Mats are provided, but feel free to bring your own. Dress in comfortable clothes that you can move around in. Please feel free to stop in and talk to instructor, Dot Balliet, regarding the level of fitness required to join this class.

**ZUMBA GOLD**

Join in the fitness revolution! Zumba



**New! Exercise Class**

**AQUATICS EXERCISE!**

Sports\*Com and the Center are getting together to offer our seniors the Arthritis Foundation Aquatic Program. This wonderful program incorporates the buoyancy of water and the soothing warmth

of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while new exercise variations help build stronger muscles and overall stamina. The ability to swim is not required as classes are in shallow water.

This great class is offered at Sports\*Com during July and August. The Center is going to send our van over there for those of you that prefer not to drive. The fee is \$25 and includes all transportation costs. **Folks that prefer to drive their car to the class must sign up at Sports\*Com.**

offers a safe and effective total body workout for seniors with any ability level and all the while maintaining a party atmosphere that is different, fun and easy to follow. Dance to the music and move to the rhythms of salsa, merengue, tango, rumba and the cha-cha. Be sure to wear comfortable clothing. The fee is \$20 per month.

**EXERCISE WITH MARJORIE/MPRD**

**CORE STRENGTH:** You may be wondering what exactly is core strength and why should you worry about it? One reason is that all of our movements are powered by the torso--the abs and back work together to support the spine when we sit, stand, bend over, pick things up, exercise and more. The

torso is the body’s center of power, so the stronger you are in that area, the easier your life will be.

**SENIOR STRENGTH:** This 40-minute class consists of 20 minutes of cardio and 20 minutes of weight/resistance training in both standing and sitting positions.

**DANCERCISE :** Get up & get moving! This class combines easy-to-follow movements with high-energy music to give you a fun, heart-healthy experience. Marjorie’s Fitness classes are geared toward improving and maintaining senior fitness. Marjorie Miller comes to us from Sports\*Com with MPRD. Her classes are free and there is no registration to attend.

**Foot Care Bus Trips**

You may still make your foot care appointments directly with GEORGIA CAREER INSTITUTE, 615-896-0702, and drive yourself to those appointments. For those who do not drive or for those who prefer to go on the Senior Center bus, a once-a-month foot care bus trip has been scheduled. The bus will leave on the 4<sup>th</sup> Wednesday of the month from the Senior Center parking lot at 10:30 a.m. and will return at approximately 12:15 p.m. or earlier. At least 5 participants must be signed up to make the trip. If 5 or more do not sign up, the trip will be cancelled the Tuesday before. Sign up required. Contact the Nurse on Duty at 615-848-2550 for questions.



# CLASSES & EVENTS



**SIGN-UP DAY INFORMATION** Sign-up day is on the first business day of the month. Sign in for sign-up day begins at 8:00 a.m. and the last chance to sign in is at 9:30 a.m. Participants who want the best chance of securing a reservation for a **NEW!** trip/activity/class should make plans to attend. The Center feels this is the fairest way to ensure that everyone gets a chance at signing up for the activity he/she may want.

Sign up is handled on a first-come/first-serve basis. When you enter, you will put your name on the list as names will be called in that order. Not all activities fill up during sign-up day and you will then be able to sign up at the reception desk. If the trip/activity that you want fills up, be sure to put your name on the wait list. We will call from the wait list to fill vacancies due to cancellations.

Sign-up day is **TUESDAY, MAY 1.**

TUESDAYS IN MAY & JUNE 3:15-4:15 p.m.	<b>NEW! BALLROOM DANCE CLASS FOR MAY &amp; JUNE</b> <i>Polish your dancing with professional instructor, Deborah Sullivan. Class meets on 5/1, 8, 15, 22, 29, 6/5, 12, 19 &amp; 26.</i>	CLASS FEE \$25 for 2 mos. Limit 26 Deadline 5/1
THURSDAYS IN MAY 9:00 a.m.-12:00 p.m.	<b>STAINED GLASS WITH FIONA</b> <i>Most supplies provided. Fee covers one month of lessons by Fiona Dowd. Class meets on 5/3, 10, 17, 24 &amp; 31.</i>	CLASS FEE \$30 Limit 10 No Deadline
WEDNESDAY MAY 9 9:00-11:00 a.m.	<b>BOB ROSS PAINTING "MIGHTY MOUNTAIN"</b> <i>You will take home a completed oil painting by the end of class. All supplies provided.</i>	CLASS FEE \$20 Limit 15 Deadline 5/7
MONDAY MAY 14 1:00-4:00 p.m.	<b>CRAFTS WITH MARLANE &amp; MPRD: DECORATIVE PINS</b> <i>Bring a few charms to use. You will make several different pins.</i>	NO FEE Limit 15 No Deadline
WEDNESDAY MAY 16 8:30 a.m.-1:30 p.m.	<b>MOVING DAY!</b> <i>Join us to find out what our "5k" is all about! Lunch is included. And door prizes too! Cosponsored by MPRD and MCHRA</i>	NO FEE Limit 100 Deadline 5/4
THURSDAY MAY 17 11:30 a.m.-1:00 p.m.	<b>NEW! LUNCH &amp; LEARN "AGING WELL"</b> <i>Lunch sponsored by Creekside at Three Rivers.</i>	NO FEE Limit 50 Deadline 5/8
FRIDAY MAY 18 9:00 a.m.-2:00 p.m.	<b>MIXED MEDIA TULIP</b> <i>Using watercolor paints, pens and pencils you will create a high detail tulip painting. Bring watercolor paints, pens (gel type) and paper or canvas. Class is instructed by Karen Brackman.</i>	CLASS FEE \$15 Limit 12 Deadline 5/16
SATURDAY MAY 19 12:30-3:30 p.m.	<b>WATERCOLOR CLASS WITH TOMMY ELLIS</b> <i>This is a three hour class with Master Watercolorist, Tommy Ellis, who specializes in wildlife and landscape images. Bring your own paint supplies.</i>	CLASS FEE \$20 Limit 12 Deadline 5/18
SATURDAY MAY 19 1:00-3:00 p.m.	<b>GENEALOGY CLASS</b> <i>If you are enrolled in this class, this is your reminder to pay for May. Otherwise this class is full. Be sure to get on a wait list if you are interested in case of cancellations.</i>	CLASS FEE \$15 Limit 10 Deadline 5/18
TUESDAYS BEGINS 5/22 at 10:00 a.m.	<b>PIANO FOR PLEASURE:</b> <i>Have you ever dreamed of playing the piano? Did you play the piano when you were younger and want to play again? Do you just need a relaxing and fun activity? Come and learn to play the piano with Jane McNulty, instructor, on our group piano lessons. No practice and no piano required. The class meets on Tuesdays for eight weeks. All materials and instruction included in the class fee.</i>	CLASS FEE \$100 Limit 6 Deadline 5/16
TUESDAY MAY 22 1:00-2:00 p.m.	<b>NEW! COOKING WITH CAROL</b> <i>Enjoy learning to cook healthy and delicious foods! This month Carol is cooking yummy summer broccoli corn chowder and pairing it with a delicious strawberry salad.</i>	NO FEE Limit 30 Deadline 5/15
WEDNESDAY MAY 23 9:00-11:00 a.m.	<b>NEW! BOB ROSS PAINTING "HIGH TIDE"</b> <i>You will take home a completed oil paint picture by the end of class. All supplies provided.</i>	CLASS FEE \$20 Limit 15 Deadline 5/21
WEDNESDAY MAY 23 12:00 n-1:00 p.m.	<b>NEW! ASK THE DOCTOR</b> <i>Join us for an informal chat with Dr. Chitwood.</i>	NO FEE Limit 40 No Deadline
THURSDAY MAY 24 9:00-10:30 a.m.	<b>NEW! MORNING CHAT WITH AN OFFICER</b> <i>Join Sgt. Melvin Cunningham, MPD, as he discusses the gang presence in Murfreesboro.</i>	NO FEE No Limit No Deadline
THURSDAY MAY 31 9:00 a.m.	<b>NEW! COFFEE, TEA &amp; LYNNE</b> <i>Join the Nurse on Duty for a seminar with Dr. Razzaq.</i>	NO FEE Limit 40 No Deadline



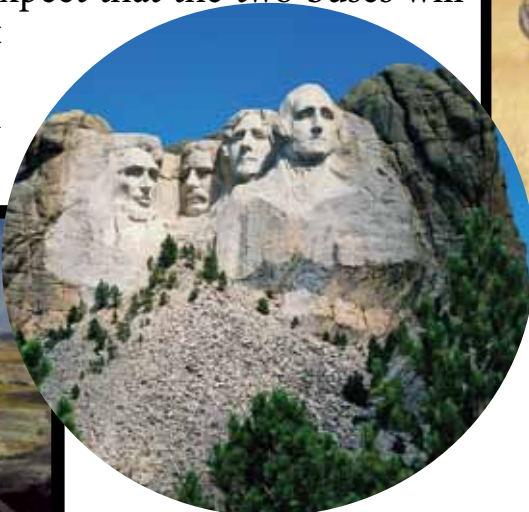
THERE'S MORE

Sign up day is Tuesday, May 1. All of the following events require pre-registration either on sign up day or at the front desk prior to the event. Please note deadlines, participant limits and any costs involved. If you sign up for an activity but cannot attend, please call to cancel your reservations so we may call someone from the wait list.

SATURDAY JUNE 2 1:00-3:00 p.m.	<b>BEGINNING GENEALOGY CLASS</b> <i>If you are enrolled in this class, this is your reminder to pay for June.</i> <i>Otherwise this class is full. Be sure to get on a wait list if you are interested in case of cancellations.</i>	CLASS FEE <b>\$15</b> Limit 10 Deadline <b>6/1</b>
THURSDAYS IN JUNE 9:00 a.m.-12:00 p.m.	<b>NEW! STAINED GLASS WITH FIONA</b> <i>Most supplies provided. Fee covers one month of lessons by Fiona Dowd.</i> <i>Class meets on 6/7, 14, 21 &amp; 28.</i>	CLASS FEE <b>\$30</b> Limit 10 No Deadline

SEATS STILL AVAILABLE ON TRIP TO THE WESTERN US  
 Badlands, Mount Rushmore and More!

We have two buses heading out west to visit the “hotspots” around the Badlands in South Dakota. Both buses will be staying at the same hotel in South Dakota. Now, we don’t expect that the two buses will be trying to stay behind each other, but they will surely meet up on the way periodically. The escorts will be staying in contact with each other.



We still have a few vacancies, so if you want to go on the trip to South Dakota, now is your chance to sign up. Do it NOW before time runs out or the trip fills up.

Dates of trip are **July 14-22**. The cost is **\$774** for double occupancy. Deposit of **\$75** due to secure your reservation with final payment due on May 8. Travel insurance is available.

Helpful Reminders

The first business day of the month of that newsletter will be the first time to sign up for any activity/event/trip that is listed as **NEW!**  
  
 Events and/or activities that do not require payment may be done over the phone, but those requiring payment must be done in person to ensure your registration.

**DEADLINES:**  
 Please take note of the deadlines assigned to each trip, event, class or activity.  
 NO ONE can sign up after the deadline has passed.  
 Trip deadlines are created because trip locations often require payment far in advance.  
 Should you miss a deadline, put your name on the wait list and we will call you if there is a cancellation.

If you sign up for a trip, event, class or activity and have to cancel, please inform us of this as soon as possible.  
  
 If a trip, event, class or activity is listed on pages 11-14 in the newsletter you must sign up to attend those.



# ST. CLAIR TRIPS



Sign-up day is Tuesday, May 1. All the following trips require pre-registration & payment either on sign-up day or at the front desk prior to the trip (if not filled). Please note deadlines, participant limits and any cost involved. Those trips which were advertised in a previous newsletter may be sold out so get your name on the wait list in case of a cancellation.

<b>THURSDAY MAY 3</b> 9:45 a.m. 6:30 p.m.	<b>"ALL SHOOK UP" CUMBERLAND COUNTY PLAYHOUSE, CROSSVILLE, TN</b> <b>*The deadline has passed for this trip. Wait list available in case of a cancellation.</b> <i>Swing into this 1950's juke box musical featuring the songs of 'the King,' Elvis himself. The show features two dozen Elvis hits. Admission includes lunch at Cumberland Mountain State Park.</i>	ADMISSION <b>\$36</b> TRANSPORTATION <b>\$10</b> Limit 20 <i>*Deadline 4/13</i>
<b>THURSDAY MAY 10</b> 8:30 a.m. 4:00 p.m.	<b>IRIS CITY GARDENS in Primm Springs, TN</b> <i>*Bring money for lunch at the Country Boy Restaurant. Enjoy a visit to the beautiful gardens! You can order your own bulbs, and they will be delivered to your home!</i>	*ADMISSION <b>\$0</b> TRANSPORTATION <b>\$8</b> Limit 19 <i>*Deadline 5/1</i>
<b>FRIDAY MAY 11</b> 8:30 a.m. 3:00 p.m.	<b>NEW! SENIOR DAY AT THE NASHVILLE ZOO</b> <i>Enjoy Senior Day at the Nashville Zoo! The Dinosaur Exhibit is also at the zoo for Senior Day. This trip requires lots of walking so bring your walking shoes! *Bring money for lunch at Norman Couser's.</i>	*ADMISSION <b>\$4</b> TRANSPORTATION <b>\$8</b> Limit 19 <i>*Deadline 5/8</i>
<b>TUESDAY MAY 15</b> 9:30 a.m. 3:30 p.m.	<b>SENIOR DAY ON THE GENERAL JACKSON:</b> <b>*The deadline has passed for this trip. Wait list available in case of a cancellation.</b> <i>Be at the Center at 8:30 a.m. on the morning of the trip and follow check-in instructions!</i>	ADM/TRANS <b>\$33</b> Total Limit 156 Deadline <i>3/1</i>
<b>THURSDAY MAY 17</b> 9:45 a.m. 3:30 p.m.	<b>CHAFFIN'S BARN "HERE LIES JEREMY TROY"</b> <b>*The deadline has passed for this trip. Wait list available in case of a cancellation.</b> <i>*Admission is \$27 for the show and boxed lunch at Chaffin's or bring your own lunch &amp; pay only \$19.</i>	*ADMISSION <b>\$19 OR \$27</b> TRANSPORTATION <b>\$8</b> Limit 20 Deadline <i>3/15</i>
<b>SATURDAY MAY 19</b> 12:00 n 2:30 p.m.	<b>AUBURNTOWN FISH FRY</b> <i>Yummy, yummy for your tummy!</i> <i>*Bring about \$10 for lunch with all the fixin's at this local favorite.</i>	*BRING \$ FOR LUNCH TRANSPORTATION <b>\$5</b> Limit 19 Deadline <i>5/17</i>
<b>WEDNESDAY MAY 23</b> 10:15 a.m. 2:00 p.m.	<b>NEW! MYSTERY LUNCH IN MAY</b> <b>*Bring \$10-20 for lunch.</b>	*BRING \$ FOR LUNCH TRANSPORTATION <b>\$8</b> Limit 19 Deadline <i>5/21</i>
<b>WEDNESDAY MAY 30</b> 9:30 a.m. 4:00 p.m.	<b>NEW! BLUE HERON NATURE CRUISE in Ashland City, TN</b> <i>Bring \$10-15 for lunch at the beautiful Riverview Restaurant, re-built after the devastating 2010 flood. After lunch, we'll re-board the bus for the short drive to the Blue Heron boat. Enjoy a beautiful afternoon on the river!</i>	*ADMISSION <b>\$12</b> TRANSPORTATION <b>\$8</b> Limit 19 Deadline <i>5/22</i>
<b>THURSDAY MAY 31</b> 9:00 a.m. 3:30 p.m.	<b>CHEEKWOOD BOTANICAL GARDENS, Nashville, TN</b> <i>"Every Tree Tells A Story" on exhibit now. Cheekwood is recognized nationally for its unique ability to welcome visitors with one-of-a-kind indoor/outdoor experiences reflecting its noted art and botanical collections displayed in one of the great American Country Place Estates. LOTS of walking! *Bring money for lunch at the Pineapple Room (approx. \$16). Wear comfortable clothes for outdoor walking. Rain Date is Thursday June 14, 2012.</i>	*ADMISSION <b>\$10</b> TRANSPORTATION <b>\$8</b> Limit 19 Deadline <i>5/11</i>
<b>MONDAY JUNE 4</b> 7:30 a.m. 6:30 p.m.	<b>TENNESSEE AQUARIUM, Chattanooga, TN</b> <i>Admission includes access to both River Journey and Ocean Journey. Lunch is on your own. Various restaurants are within walking distance. We'll stop at Russell Stover Outlet on the return trip home.</i>	ADMISSION <b>\$22.50</b> TRANSPORTATION <b>\$10.50</b> Limit 19 Deadline <i>5/11</i>
<b>TUESDAY JUNE 5</b> 4:00 p.m. 10:30 p.m.	<b>WILLIE NELSON &amp; THE NASHVILLE SYMPHONY AT SCHERMERHORN</b> <i>Don't miss your chance to see the legendary Red-Headed Stranger perform with the Nashville Symphony at Schermerhorn Symphony Center! With his incomparable voice and incredible musicianship, this American icon will explore the full range of his artistry, from hits like "Crazy" and "Always on My Mind," to the storied Tin Pan Alley tunes featured on his latest release, AMERICAN CLASSIC.</i>	ADMISSION <b>\$53</b> TRANSPORTATION <b>\$8</b> Limit 19 Deadline <i>5/4</i>
<b>FRIDAY JUNE 15</b> 4:30 p.m. 10:15 p.m.	<b>NEW! "SOMETHING HAPPENED on the WAY to the FORUM" at the Keeton Theatre</b> <i>"Tragedy tomorrow, comedy tonight!" Broadway's greatest farce is light, fast-paced, witty, irreverent and one of the funniest musicals ever written-the perfect escape from life's troubles. Supper is included in the price.</i>	ADMISSION <b>\$26</b> TRANSPORTATION <b>\$8</b> Limit 19 Deadline <i>6/1</i>



MORE TRIPS . . .

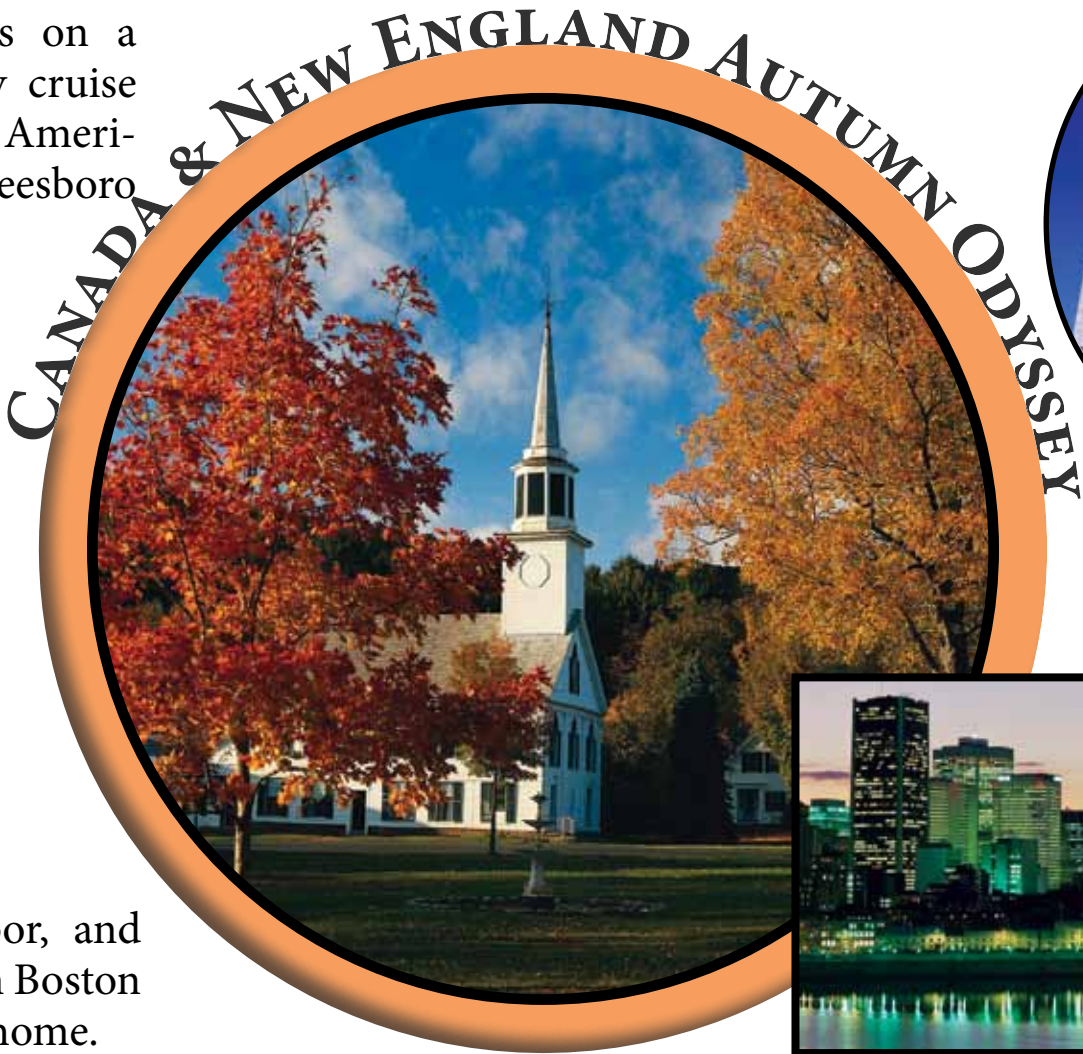
Please see page 13 of the newsletter for more information on signing up for trips.

<b>THURSDAY</b> <b>JUNE 28</b> 9:45 a.m. 3:30 p.m.	<b>"FIDDLER ON THE ROOF" AT CHAFFIN'S BARN</b> <b>*The deadline has passed for this trip. Wait list available in case of a cancellation.</b> <i>*Admission is \$27 for the show and boxed lunch at Chaffin's or bring your own lunch and pay only \$19.</i>	<b>*ADMISSION \$19 OR \$27</b> <b>TRANSPORTATION \$8</b> <i>Limit 20</i> <i>Deadline 4/19</i>
<b>TUES &amp; THURS</b> <b>Begins JULY 10</b> Depart 9:00 a.m.	<b>NEW! AQUATIC EXERCISE AT SPORTS*COM</b> <i>Ride the bus to Sports*Com for the Arthritis Foundation Aquatic Exercise Program. Class meets on Tuesdays and Thursdays beginning July 10 and runs through August 16. The fee includes transportation.</i>	<b>*CLASS FEE \$25</b> <i>Limit 11</i> <i>eadline 7/2</i>
<b>THURSDAY</b> <b>JULY 12</b> 9:45 a.m. 7:30 p.m.	<b>"MUSIC MAN" at Cumberland Co. Playhouse, Crossville, TN</b> <i>A Great American Musical! Great songs, great story: a small town gets a visit from a 'music man' who promises to start a kids band---if only everyone will buy instruments and uniforms.</i> <i>*Admission includes lunch at Cumberland Mountain State Park.</i>	<b>*ADMISSION \$38</b> <b>TRANSPORTATION \$10</b> <i>Limit 20</i> <i>Deadline 5/18</i>
<b>THURSDAY</b> <b>JULY 26</b> 9:45 a.m. 3:30 p.m.	<b>"ODD COUPLE" at Chaffin's Barn, Nashville, TN</b> <i>Enjoy the classic comedy featuring two misfit roommates.</i> <i>*Admission is \$27 for the show &amp; boxed lunch or bring our own lunch &amp; pay only \$19.</i>	<b>*ADMISSION \$19 OR \$27</b> <b>TRANSPORTATION \$8</b> <i>Limit 20</i> <i>Deadline 5/24</i>
<b>SATURDAY</b> <b>AUGUST 25</b> 8:00 a.m. 4:30 p.m.	<b>BEERSHEBA SPRINGS ARTS &amp; CRAFT FAIR</b> <i>The fair at the historic site of the hold hotel and United Methodist Assembly grounds features 150 artists and craft vendors. All displays are handcrafted art.</i> <i>The setting is one-of-a-kind and is as wonderful as the art. *Bring money to shop and eat!</i>	<b>*NO ADMISSION</b> <b>TRANSPORTATION \$8</b> <i>Limit 19</i> <i>Deadline 8/22</i>

Join your friends on a wonderful 12-day cruise aboard Holland America. Depart Murfreesboro August 23, 2012.

Arrive in Montreal for a couple of nights and on through Quebec City. Cruise the St. Lawrence River, to Prince Edward Island, and then to Nova Scotia.

On to Bar Harbor, and then two nights in Boston before returning home.



THIS IS A TRIP  
 YOU DON'T  
 WANT TO MISS!



Flyers with all the information are in the display case behind the reception desk (next to ladies restroom). You will follow the directions on the flyer to reserve your spot.





## SENIOR JAM SESSION

BY CLARA COURTNEY

We don't have the "Grand Old Opry" at the Senior Center, but each Thursday from 1:00-3:00 p.m. you can enjoy "country music" at our senior jam session. The pickers and singers will delight you with their best country and gospel music. You might hear a George Jones, Willie Nelson, Vince

Gill or Dolly Parton song. Or they just might perform one of your old favorites. All you pickers bring your instruments and play along with the group. If you sing, come and entertain us with your special country song.

Ya'll come and have a good time, sing along if you can, dance if you want to, or just listen and enjoy. We're saving a seat for you next Thursday. . . See you there!



## PIN ACTION

BY CLARA COURTNEY

The St. Clair Senior Center spring Wii bowling league has completed four weeks of competition during the month of March. It has been fun-filled with many changes each week. The competition for first place was amazing with each team bowling fiercely for the position. Several teams were tied for first place with team "B" final-

ly winning the spot by only 4 points at the end of four weeks. Team "B" consists of: Ron Capps, captain, Billie Freitag, Diann Van Trease, and Marcella Allen. Who will overtake them in the next weeks of play?

The individual bowlers have been incredible. Thus far, Ron Capps has bowled two "300" (perfect) games, James Gannon had one "300" game, Reather Arnold had high game of 278, George Cunningham and Glenda Res-

tivo each bowled 268, and Diann Van Trease and Gloria Denning round out the field with 266 each. Great scores! Holding on to the high individual average is James Gannon with a 253 as of week four. Who will challenge him??

The next four weeks of Wii bowling will keep the competition alive both for teams and individuals. Check us out and cheer for your favorite team or bowler. Join the fun! See you soon!

## A MURFREESBORO BICENTENNIAL NOTE

by Greg Tucker



Two hundred years ago this month, despite the selection of a site for a new county seat with a new courthouse and jail, the Rutherford County Quarterly Court pressed forward with additions to the county jail in Jefferson. Businessmen and landowners in and near Jefferson again petitioned the state legislature for restitution of business and land value losses. They further requested that the site selection be nullified and that the question of a new county seat be decided

by public referendum. The state legislature declined to act on the Jefferson requests.

SOURCE: Minute Books, Rutherford County Quarterly Court, Second Quarter (1812).

### May 2012: Our Arts

To celebrate Murfreesboro's bicentennial, events are planned throughout the city for the community to enjoy. Please check at the front of the Center for a poster with more details of the events or check out the City's website at [www.murfreesborotn.gov](http://www.murfreesborotn.gov).



**MAY 2012**

**ST. CLAIR STREET SENIOR CENTER**

*325 St. Clair Street*

*Murfreesboro, TN 37130*

*848-2550*

**Hours of Operation:** Monday - Friday

*8:00 a.m - 4:30 p.m.*

*Saturday from 12:30-3:30 p.m.*

*Visit us on the web at*

*www.murfreesborotn.gov*

*then click on City Departments.*

**SENIOR DINING/MEALS ON WHEELS**

*Debbie Willis, Site Coordinator*

*Call 895-1870 for lunch reservations*

*Lunch served Monday-Thursday @ 11:30  
(unless otherwise noted).*

**MCHRA TRANSPORTATION**

*615-890-2677*



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## TO WRAP THINGS UP

### GROUP DONATIONS for FEBRUARY 2012

Bingo	\$ 84.89
Quilting	\$ 125.00
Pool Room	\$ 97.35
Popcorn	\$ 29.01
Coffee	\$ 55.06
Exercise	\$ 6.00
Computer Rm (AARPTax-Aide)	\$ 307.00
Nurse Station	\$ 0.00

**Donations:** Paul Bowen, Virginia Briley, Broadmore Assisted Living, Diane Cox, Creekside Assisted Living, Rose Deck, Janet Eanes, Fran Hale, Elsie Jacobs, Vivian Key, Gloria McCloy, Essie Reece, Susan Ridley, Cassie Rose, Season Citizens of St. Rose, Brenda Sweeney, Charles Travis, Bruce Wing.

*Thank you all very much!*

### ST. CLAIR STREET SENIOR CENTER STAFF

**Center Director:** Linda G. Burt, **Department Coordinator:** Diane Smith, **Custodial Support:** John Carson & T. J. Key, **Administrative Secretary:** Kim Harding Todd, **Secretary/Receptionist:** Sarah Beckman, **Care Director:** Dee Brown, **Program Directors:** Brenda Kiskis Elliott & Lisa S. Foster, **Adult Day Service Director:** Lisa Gowins, **Adult Day Services Activity Assistants:** Randy Huffman, Kristi Porter, **Caregiver Information Coordinator:** Agnes Thomas, **Nurse on Duty:** Lynne Graves, **Nurse on Duty Assistant:** Position Vacant, **After Hours Opener:** Wanda Calhoun, **Van/Bus Drivers:** Rusty Barrett, Pete Gerdik, & James Pitchford.

*No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)*

**Thanks to those of you who have chosen  
to donate your trips/class refunds to the Center.**